10 WEEKS TO 10 MILES
INTERMEDIATE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 Miles	4 Miles	Cross Train	3 Miles	Rest	5 Miles	Cross Train
2	4 Miles	5 Miles	Cross Train	3 Miles	Rest	6 Miles	Cross Train
3	3 Miles	4 Miles	Cross Train	2 Miles	Rest	4 Miles	Cross Train
4	4 Miles	5 Miles	Cross Train	4 Miles	Rest	6 Miles	Cross Train
5	5 Miles	5 Miles	Cross Train	4 Miles	Rest	7 Miles	Cross Train
6	4 Miles	4 Miles	Cross Train	3 Miles	Rest	4 Miles	Cross Train
7	5 Miles	6 Miles	Cross Train	4 Miles	Rest	8 Miles	Cross Train
8	5 Miles	7 Miles	Cross Train	5 Miles	Rest	9 Miles	Cross Train
9	6 Miles	7 Miles	Cross Train	6 Miles	Rest	9 Miles	Cross Train
10	4 Miles	Rest	Cross Train	3 Miles	2 Miles	Rest	**Race Day!**

Training Tips, Tricks and Advice:

- Practice going a little harder at the end of your runs to build up speed and mental toughness.
- Types of cross training include: biking, swimming, rollerblading. Mix it up to keep things fun!
- **Stretch** for at least 10 minutes after every workout. If you're feeling ambitious, try yoga.
- Moderate soreness the day after a run is normal. If soreness persists, take a day off. When in doubt, consult your doctor.
- **Ice your legs** to help them recover faster.
- Hydrate. Hydrate. **Hydrate**. Hydrate. Hydrate.
- Do a 5 minute **ab workout** a few times a week to alleviate/eliminate side stitches while running.
- **Invest in a good pair of running shoes**. Most local running stores can do a foot/stride analyses to figure out the best style for you.
- **Mix up your running routes**. Try running on a trail or in a park or on a track.
- Bored running alone? Grab your dog or friend. Consider joining a running club one night a week.
- If you're running at night, **wear reflective clothing** and carry a phone.
- **Don't compare yourself to others!** Remember, no matter how slow you go you're still lapping the person on the couch!